

Working together to support the Whittlesea community

Our approach to mental health and wellbeing support is made possible through collaboration and connection with existing supports in the Whittlesea community.

Working with the community, including clinical and community services, helps us provide the right support for you now and in the future.

The most important thing is that the Whittlesea Mental Health and Wellbeing Local is a safe space for people from all backgrounds.

We can support people living across the City of Whittlesea, including:

- Beveridge
- Bundoora
- Donnybrook
- Doreen
- Eden Park
- Epping
- Humevale
- Kinglake West
- Lalor
- Mernda
- Mill Park
- South Morang
- Thomastown
- Whittlesea
- Wollert
- Woodstock
- Yan Yean

Contact us

Call 1800 571 145

Monday – Friday 9.00am – 7.30pm

Saturday and public holidays 12.00pm – 7.30pm

Sunday By appointment only

Email

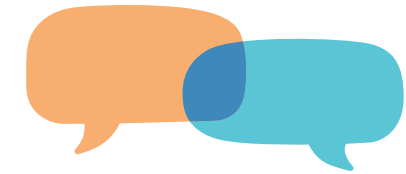
whittlesealocalservice@neaminational.org.au

Website

betterhealth.vic.gov.au/mhwlocal

In an emergency

If you or someone you care for needs immediate emergency assistance, call 000. For 24-hour mental health support call Lifeline on 13 11 14



mental health & wellbeing local

Whittlesea

The Whittlesea Mental Health and Wellbeing Local service supports Victorians aged 26 years and over to get mental health and wellbeing support closer to home.



In partnership with



We acknowledge the Traditional Owners of these regions and pay our respects to Elders past and present. We recognise that their sovereignty was never ceded and are committed to a positive future for the Aboriginal and Torres Strait Islander community.



We are committed to cultivating inclusive environments for people using our services, carers and staff. We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



We're here to support your mental health and wellbeing

The Whittlesea Mental Health and Wellbeing Local is currently available as a telehealth, outreach and face-to-face mental health and wellbeing service.

We will work with you and, if you are comfortable, your family, carers and supporters, to design a care plan that meets your goals and preferences.

We can provide:

- telehealth supports
- outreach visits to your home or community
- connection to other health and social services.

If you are an adult experiencing distress or wanting support for your mental health and wellbeing, call us on 1800 571 145.



Helping you find the right support

The Whittlesea Mental Health and Wellbeing Local is a new service that supports Victorians aged 26 years and over to get mental health and wellbeing support closer to home.

All support is free, and you do not need a referral from your doctor.

Our experienced staff will listen to you so they can understand what support is right for you and help guide you.



A safe place for everyone

You don't need to be an Australian citizen or resident to access this service, and no Medicare card is needed. We can provide safe and confidential support to everyone, no matter your circumstance. If you need help in your language, call TIS National on 131 450 and ask for an interpreter, then ask to be connected to the Whittlesea Mental Health and Wellbeing Local on 1800 571 145.



Support for carers and loved ones

The Whittlesea Mental Health and Wellbeing Local is family and carer inclusive. We can provide a range of support, including:

- education and support for families, carers and supporters of individuals experiencing mental illness and/or substance use or addiction
- assistance to carers with their caring and support role
- support for carers and loved ones with their own mental health and wellbeing needs.



Refer someone you know

If you're unsure what supports are available for someone you care about, contact us on 1800 571 145 and we can navigate your enquiry together. The Whittlesea Mental Health and Wellbeing Local Services accepts referrals from GPs, mental health services, community services, carers and families. We also encourage self-referral.

If you or someone you support is between 12 and 25 years old, please visit or contact your local headspace centre for mental health and wellbeing support. Visit headspace.org.au for more information.



Support from people who have a lived experience of mental health challenges

The Whittlesea Mental Health and Wellbeing Local can connect you with a range of mental health professionals, including clinicians and peer support workers with a lived experience of mental health challenges and recovery. Our staff will support you from the moment you call, to access a service that is right for you.